



HALF TERM 1 SEPT - OCT	Lesson 1-9 Football	Lesson 1-9 Badminton/Netball	Lesson 1-9 Fitness
<p>TOPIC (S) OPTION PROGRAMME</p>	<p>Objective: Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team. Pupils develop a deeper understanding about healthy lifestyles and detailed decision making.</p> <p>Indoor /outdoor football – difference in organisation and rules.</p> <p>Consistency with kit and participation Positive relationships with staff and peers Developing lifelong commitment to sport and exercise Experience competition Experience feelings of exertion</p>	<p>Objective: Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare a mini competition and compete in it. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. Opportunities to score/coach pupils in small groups will develop communication and decision making skills. Pupils will develop a deeper understanding about healthy lifestyles. In Badminton pupils will understand a range of tournament styles.</p> <p>In Netball pupils will work effectively as a team to outwit opposition, Consistent application of rules and team tactics including backline sequences and centre pass.</p> <p>Consistency with kit and participation Positive relationships with staff and peers Developing lifelong commitment to sport and exercise Experience competition Experience feelings of exertion</p>	<p>Objective: Pupils will experience a variety of fitness based lessons which are both teacher lead and student lead. Lessons will include a variety of circuits, HIIT, boxercise, Zumba and yoga. Pupils are encouraged to copy techniques accurately, to learn new skills and be able to use fitness equipment safely and appropriately.</p> <p>Consistency with kit and participation Positive relationships with staff and peers Developing lifelong commitment to sport and exercise Experience competition Experience feelings of exertion</p>
<p>Knowledge & Skills development</p>	<p>Outwitting an opponent: Pupils will identify different areas of the playing area and be able to move using a variety of techniques. Pupils will understand how to outwit opponents using strategies and tactics during game play. Pupils will learn and perform more basic skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance.</p> <p>Developing Skills/Performance Pupils will develop the skills necessary to outwit opponents. Pupils will replicate techniques with control and accuracy</p> <p>Making and Applying Decisions Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball/shuttle and opponent. Opportunities to score/coach pupils will develop communication and decision making skills.</p>		

	Evaluating and Improving Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Provide opportunities for pupils to assess own performance and implement strategies for improvement.
Assessment / Feedback Opportunities	Formative feedback Verbal feedback CTL at the end of Unit
Cultural Capital	Out of lessons, at home and in the community, pupils could be encouraged to: <ul style="list-style-type: none"> • join school or local clubs (information on local clubs can be found at www.english.sports.gov.uk) • organise displays/competitions for pupils to take part in and watch • watch high-quality performances live or on video
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<ul style="list-style-type: none"> • Sharing equipment and space. • Respect and tolerance for each other in competitive and competitive situations. • Following rules and safety instructions
Reading opportunities	<ul style="list-style-type: none"> • Literacy boards • Newspaper articles
Key Vocabulary	Captain leader coach leadership resilience determination tournament competition lifestyle
Digital Literacy	Research in to rules and coaching of activities.
Careers	Possible coaching/officiating progressions in chosen sports.